



AGE GROUP SWIMMING

2025 REGIONAL TIME STANDARDS

GIRLS						BOYS						
LCM		SCM		SCY		10 & Under	SCY		SCM		LCM	
10	9&U	10	9&U	10	9&U		9&U	10	9&U	10	9&U	10
:39.99	:41.69	:37.59	:41.19	:34.69	:37.39	50 Free	:36.09	:34.69	:39.79	:38.09	:41.69	:39.89
1:29.09	1:40.79	1:24.39	1:29.89	1:16.79	1:25.69	100 free	1:22.19	1:16.79	1:24.99	1:24.39	1:36.89	1:28.59
3:15.29	3:50.99	3:08.39	3:37.69	2:50.29	3:18.79	200 Free	3:09.59	2:46.19	3:29.59	3:02.79	3:37.09	3:11.09
7:06.69	7:49.09	6:54.99	7:31.99	7:53.09	8:37.39	400/500 Free	8:24.49	7:53.79	7:19.99	6:57.69	7:38.99	7:06.99
:47.39	:50.89	:44.39	:48.19	:40.69	:43.79	50 Back	:42.29	:40.89	:46.59	:45.09	:50.29	:48.09
1:42.19	1:53.69	1:36.49	1:40.99	1:27.79	1:37.09	100 Back	1:35.79	1:27.29	1:40.39	1:36.39	1:52.19	1:41.09
:53.09	:59.09	:50.29	:55.79	:46.39	:50.69	50 Breast	:50.19	:46.09	:55.29	:50.79	1:00.49	:54.29
1:58.19	2:12.09	1:53.19	1:56.49	1:41.09	1:50.89	100 Breast	1:53.19	1:42.19	2:04.59	1:52.99	2:13.09	1:58.49
:45.59	:54.49	:42.59	:50.69	:39.29	:46.09	50 Fly	:44.89	:39.39	:49.39	:43.69	:52.29	:45.09
1:42.39	2:13.39	1:43.39	2:03.39	1:34.09	1:56.69	100 Fly	1:53.89	1:33.19	2:05.29	1:43.09	2:09.59	1:49.19
		1:37.09	1:42.49	1:27.69	1:36.79	100 IM	1:35.59	1:27.79	1:40.19	1:35.49		
3:35.29	4:16.19	3:30.59	4:06.29	3:11.39	3:42.99	200 IM	3:38.59	3:08.39	4:00.49	3:29.79	4:09.89	3:37.19
LCM		SCM		SCY		11-12	SCY		SCM		LCM	
12	11	12	11	12	11		11	12	11	12	11	12
:34.69	:35.29	:33.69	34.09	:30.29	:30.59	50 Free	:30.89	:30.19	:33.99	:33.79	:36.39	:35.29
1:14.69	1:20.19	1:11.59	1:12.29	1:05.69	1:08.69	100 Free	1:09.09	1:05.89	1:12.79	1:11.89	1:21.49	1:17.79
2:46.99	2:59.19	2:39.49	2:44.69	2:25.09	2:29.69	200 Free	2:33.09	2:24.49	2:48.49	2:31.69	2:56.19	2:50.79
5:47.99	6:19.49	5:33.49	6:08.89	6:21.99	7:01.59	400/500 Free	6:54.39	6:19.59	6:02.89	5:43.09	6:13.09	5:57.09
12:30.89	13:26.29	12:11.59	12:55.99	12:51.99	14:46.99	800/1000 Free	13:58.29	12:31.69	12:15.59	10:57.69	13:06.19	12:46.09
22:55.59	25:57.59	22:24.69	24:47.99	21:55.69	24:50.29	1500/1650 Free	24:38.39	21:56.59	24:34.59	22:35.59	25:26.89	23:31.69
:40.59	:43.09	:38.19	:39.89	:34.69	:36.19	50 Back	:36.69	:34.69	:40.39	:38.79	:43.99	:41.89
1:28.19	1:32.69	1:21.69	1:23.09	1:15.59	1:18.49	100 Back	1:20.89	1:15.59	1:25.09	1:22.59	1:39.19	1:29.69
2:56.09	3:24.79	2:51.59	3:15.89	2:36.39	2:56.19	200 Back	2:54.19	2:39.59	3:11.69	2:54.59	3:21.49	2:59.79
:46.89	:48.59	:43.59	:46.19	:39.99	:41.99	50 Breast	:42.89	:40.39	:47.19	:44.69	:49.19	:48.19
1:43.19	1:47.29	1:33.69	1:34.89	1:26.39	1:30.59	100 Breast	1:32.59	1:27.09	1:36.79	1:33.19	1:48.19	1:44.19
3:22.39	3:50.59	3:19.89	3:38.79	3:01.69	3:19.99	200 Breast	3:18.89	3:11.29	3:36.79	3:30.19	3:49.99	3:38.09
:38.59	:40.49	:37.59	:38.79	:33.79	:35.19	50 Fly	:36.79	:33.39	:40.49	:37.09	:41.59	:38.89
1:29.79	1:35.09	1:22.99	1:26.49	1:15.89	1:23.49	100 Fly	1:22.99	1:15.59	1:27.29	1:23.69	1:34.99	1:30.99
3:33.09	3:40.69	3:25.89	3:34.99	3:08.29	3:15.39	200 Fly	3:13.09	3:06.69	3:31.89	3:24.09	3:36.49	3:30.99
		1:23.49	1:26.29	1:15.69	1:20.39	100 IM	1:21.69	1:16.69	1:25.89	1:24.29		
3:10.49	3:24.89	3:01.49	3:06.49	2:43.49	2:49.49	200 IM	2:57.39	2:43.39	3:15.19	2:58.59	3:24.09	3:12.49
7:32.09	7:40.99	7:15.79	7:18.79	6:34.39	6:40.69	400 IM	6:34.79	6:27.29	7:17.29	7:07.99	7:35.29	7:28.29
LCM		SCM		SCY		13-14	SCY		SCM		LCM	
14	13	14	13	14	13		13	14	13	14	13	14
:31.79	:31.99	:30.79	:30.89	:27.79	:27.99	50 Free	:26.39	:26.29	:29.19	:29.09	:30.89	:30.39
1:09.19	1:10.39	1:04.39	1:06.99	1:00.29	1:01.19	100 Free	:57.89	:56.99	1:03.79	1:01.69	1:07.79	1:06.39
2:31.59	2:36.09	2:25.29	2:25.39	2:10.89	2:12.09	200 Free	2:07.99	2:04.99	2:18.99	2:18.79	2:32.59	2:25.09
5:21.79	5:44.49	5:09.49	5:17.29	5:53.59	6:02.79	400/500 Free	5:55.29	5:35.19	5:10.89	4:59.59	5:34.19	5:11.19
10:57.99	12:09.89	10:46.59	11:51.29	12:03.59	13:33.29	800/1000 Free	12:45.99	11:35.89	11:09.69	10:35.49	11:37.69	10:46.89
21:03.39	23:21.19	20:41.49	22:29.99	20:44.49	22:32.69	1500/1650 Free	21:28.39	20:10.99	21:26.99	20:20.09	22:16.19	20:42.09
1:18.69	1:23.69	1:13.69	1:14.59	1:06.89	1:10.59	100 Back	1:08.29	1:05.69	1:11.49	1:11.19	1:21.09	1:18.19
2:49.89	3:04.29	2:42.69	2:46.39	2:25.79	2:31.19	200 Back	2:27.09	2:21.19	2:42.89	2:36.69	2:56.19	2:46.59
1:30.59	1:37.29	1:25.09	1:26.79	1:17.19	1:21.99	100 Breast	1:18.29	1:14.19	1:22.19	1:21.29	1:30.29	1:24.59
3:18.29	3:29.69	3:09.59	3:16.99	2:50.39	2:57.19	200 Breast	2:49.89	2:40.89	3:05.89	2:59.79	3:18.09	3:11.89
1:16.89	1:23.49	1:14.49	1:14.69	1:06.89	1:11.49	100 Fly	1:08.49	1:03.69	1:11.39	1:10.49	1:18.09	1:13.89
2:55.79	3:06.89	2:49.09	2:59.09	2:32.69	2:43.69	200 Fly	2:33.49	2:25.89	2:47.89	2:42.39	2:55.49	2:50.19
2:51.79	2:59.89	2:45.39	2:46.79	2:28.79	2:31.59	200 IM	2:26.29	2:22.79	2:41.79	2:37.49	2:54.39	2:46.39
6:07.09	6:39.19	5:52.99	6:17.59	5:19.99	5:43.19	400 IM	5:27.59	5:07.19	6:01.99	5:46.39	6:17.69	6:00.29